



DEPARTMENT OF THE ARMY
JOINT READINESS TRAINING CENTER (JRTC) & FORT POLK
NONCOMMISSIONED OFFICER ACADEMY
1732 22ND STREET
FORT POLK, LA 71459

AFZX-GT-NCOA

28 April 2010

MEMORANDUM FOR All Student attending the Fort Polk Warrior Leaders Course

SUBJECT: The Commandants' Iron Warrior Competition

1. Purpose: The Commandants' Iron Warrior Competition is designed to motivate junior leaders who attend the Fort Polk Warrior Leaders Course to arrive physically fit and ready to take on the challenges of leading from the front.
2. General: The Commandants' Iron Warrior Competition is a volunteer competition which gives one junior leader an opportunity to distinguish them self above their peers as the most physically fit student, capable of setting the standards for all others to follow in the areas of physical and mental toughness. The competition encompasses five (5) different events which test the student physical strength and endurance.
3. Events: Each event is an individual one. There are no team efforts or events, this is an individual competition. All events are timed and have a points system which allows the Cadre to assess the students' performance. Students who have received a negative counseling will not be allowed to compete. Students on profile may compete however there are no alternate events and points will not be awarded for events not completed. Below are a list of all events and a brief outline on the task, conditions, and standards for each event.
 - a. Push-ups: The push-up event is performed in the same manner as outlined in FM 21-20 The student has two minutes to complete as many correct pushups as possible. The points awarded for this event will be in accordance with the chart shown in FM 21-20 for the push-up event and based on the gender and age category that applies. **The extended scale will not be used for this event.**
 - b. Sit-ups: The sit-up event is performed in the same manner as outlined in FM 21-20. The student has two minutes to complete as many correct sit-ups as possible. The points awarded for this event will be in accordance with the chart shown in FM 21-20 for the sit-up event and based on the gender and age category that applies. **The extended scale will not be used for this event.**
 - c. Pull-ups/Flex arm Hang: This event is gender based to insure fairness to all students who accept the challenge of participating. The Student has one Minute and thirty seconds for this event. Male Soldiers will perform as many correct Pull-ups as possible. They must complete at least Fifteen (15) Pull-ups to receive the minimum of Five (5) points. One (1) additional point will be awarded for every correct Pull-up after fifteen (15). Female Soldiers will perform the Flex Arm hang for as long as possible. They must hang for at least Forty Five (45) seconds to receive the minimum

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- of Five (5) points. One (1) additional point will be awarded for every Three (3) seconds after the Forty five (45) second time limit.
- d. Fifty yard Sprint: The Sprint is exactly Fifty yards in length. It is timed to assess how long it takes the student to move from the start point to the end point. There will be a set time limit in which each student must complete this event in order to receive any points. Male students have exactly seven (7) seconds and female students have eight (8) seconds to reach the end point. The points awarded for this event is ten (10) regardless of gender. On the command "Go" the student will sprint as fast as possible until he or she reaches the end point. Based on the precision needed for the time in this event, two stop watches will be used and the lesser time will serve as the official time for that student.
 - e. Three mile ruck: The three mile ruck is a $\frac{3}{4}$ Mile course over various terrain. Each student must complete this course by walking or running the $\frac{3}{4}$ mile loop Four times ending at the start point within thirty two (32) minutes. All students who successfully complete the three miles in thirty two minutes will receive thirty (30) points. For those students who exceed the standards an additional Five (5) points will be awarded for every minute under the thirty two minute time limit. Students will use the standard issue Ruck sack. Male students will carry forty (40) pounds and female students will carry twenty eight (28) pounds in their Ruck sack. It is **solely** the students' responsibility to insure their Ruck sack is packed with the correct weight. Ruck sacks will be weighed the day prior and stored at the NCO Academy War Room.
- 4. All events will be supervised and scored by the NCO Academy Cadre. Any discrepancies will be addressed to and decided by the Chief of Training.
 - 5. POC for this memorandum is the undersigned @ 531-4970.

(Original Signed)
RANDY M. McGEE
CSM, USA
Commandant